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ABSTRACT

This learning activity package on handwashing is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, a glossary, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: why handwashing is important and the ten-step handwashing technique. (YLB)

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ED220698

LAP *Learning Activity Package*

HANDWASHING TECHNIQUE

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HANDWASHING

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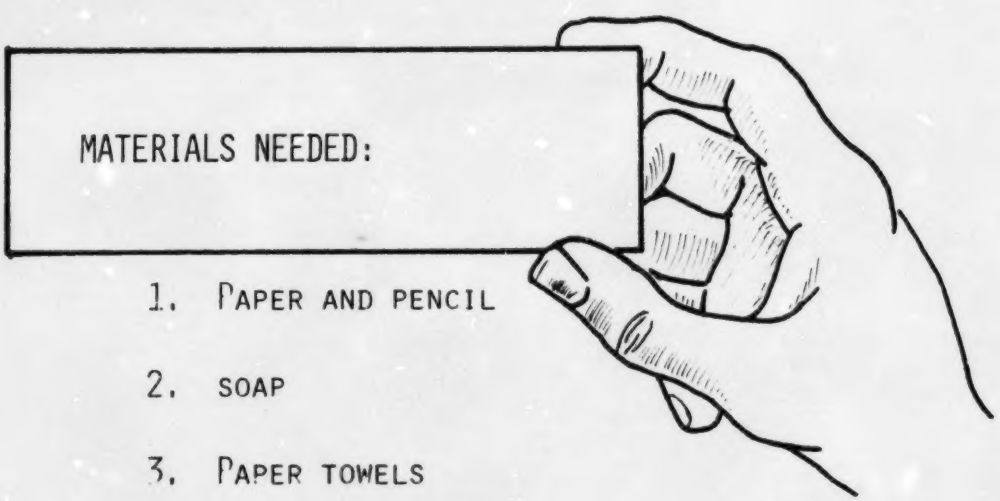
OBJECTIVES

AFTER YOU COMPLETE THIS LAP, YOU WILL BE ABLE TO DO THE FOLLOWING:

1. EXPLAIN WHY IT IS NECESSARY TO WASH YOUR HANDS.
2. EXPLAIN WHY IT IS IMPORTANT TO PROTECT OURSELVES FROM BACTERIA THAT LIVE ON OUR SKIN.
3. DEMONSTRATE HOW TO PROPERLY WASH YOUR HANDS ACCORDING TO THE INSTRUCTIONS GIVEN FOR MEDICAL ASEPTIC TECHNIQUE (NONSURGICAL).



MATERIALS NEEDED:

1. PAPER AND PENCIL
2. SOAP
3. PAPER TOWELS
4. WASTE CAN
5. RUNNING WATER
6. WORK SHEET*

*BEFORE BEGINNING THE LAP, PICK UP THE WORK SHEET FROM THE INSTRUCTOR.

GLOSSARY

New Words You Should Know:

ASEPTIC	Free of pathogenic microorganisms.
BACTERIA	One-celled organisms. Many bacteria are disease-producing.
MICROORGANISM	Any organism not seen by the naked eye.
ORGANISM	Any living animal or plant.
PATHOGENIC	Disease-producing microorganisms.
STAPH	Abbreviation for staphylococcus.
TRANSIENT BACTERIA	Microorganisms easily washed off the skin.
RESIDENT BACTERIA	Microorganisms found in crevices of skin. They are not easily removed.
GERMS	Microorganisms; <u>usually</u> disease-producing bacteria or pathogens.
CONTAMINATE	To render unclean.

WHY WASH YOUR HANDS?

1. PREVENT THE SPREAD OF DISEASE-PRODUCING BACTERIA AND OTHER MICROORGANISMS.
2. PROTECT THE PATIENT AND OTHERS.
3. PATHOGENIC MICROORGANISMS ARE SPREAD MORE BY THE HANDS THAN BY ANY OTHER MEANS.

WHY MUST WE PROTECT OURSELVES FROM PATHOGENIC BACTERIA?

1. PATHOGENIC BACTERIA CAN CAUSE AND SPREAD DISEASE.
2. THE MOST COMMON PATHOGENIC MICROORGANISM SPREAD THROUGH IMPROPER MEDICAL ASEPTIC HANDWASHING IS STAPHYLOCOCCUS.
3. CONDITIONS THAT CAN BE CAUSED BY STAPH ARE:
   - BOILS
   - INFECTIONS IN SURGICAL WOUNDS
   - INFECTION AROUND FINGERNAILS
   - FOOD POISONING
   - STIES ON EYELIDS

REVIEW I

GIVE TWO REASONS WHY YOU WASH YOUR HANDS:

1. _____

_____

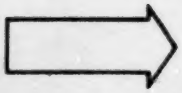
2. _____

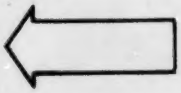
_____

LIST THREE CONDITIONS THAT STAPH BACTERIA CAN CAUSE:

1. _____
2. _____
3. _____

DID YOU ANSWER THE QUESTIONS CORRECTLY?

YES? GO AHEAD 

NO?  GO BACK AND REREAD PAGE 1.

REVIEW I. ANSWER KEY:

GIVE TWO REASONS WHY YOU WASH YOUR HANDS.

1. PREVENT THE SPREAD OF DISEASE-PRODUCING BACTERIA AND OTHER MICROORGANISMS.

2. PROTECT THE PATIENT AND OTHERS.

3. PATHOGENIC MICROORGANISMS ARE SPREAD MORE BY THE HANDS THAN BY ANY OTHER MEANS.

LIST THREE CONDITIONS THAT "STAPH" BACTERIA CAN CAUSE:

BOILS

INFECTIONS IN SURGICAL WOUNDS

INFECTIONS AROUND FINGERNAILS

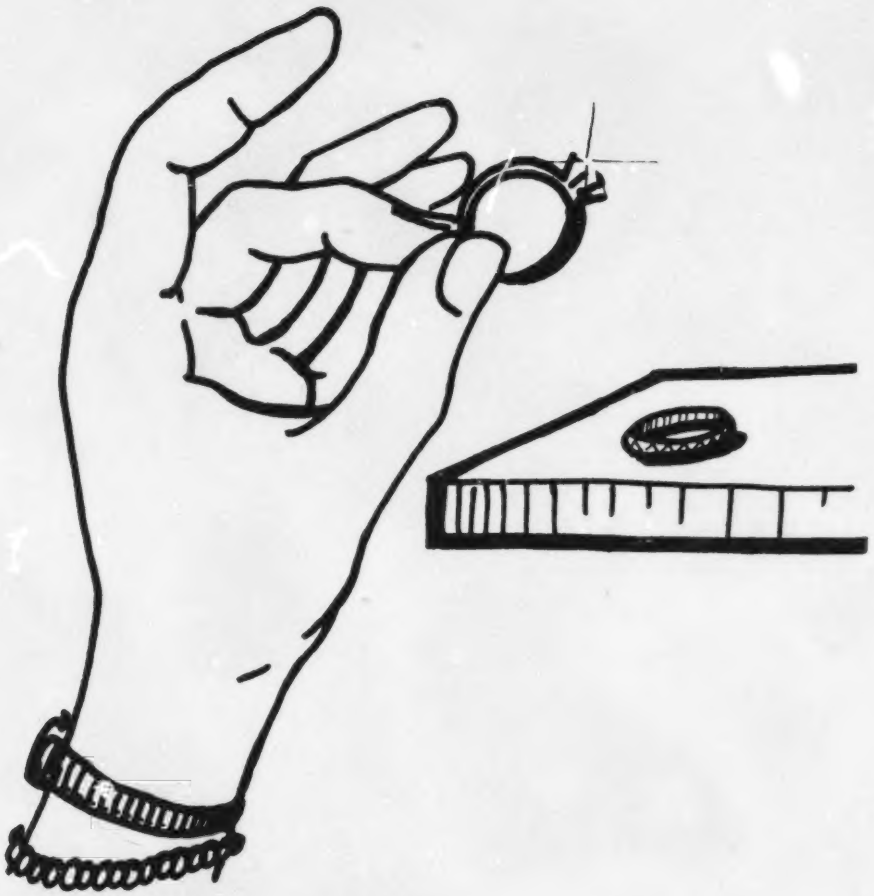
FOOD POISONING

STIES ON EYELIDS

THE TEN-STEP HANDWASHING TECHNIQUE

STEP 1. REMOVE JEWELRY

(WRISTWATCH NEED NOT BE REMOVED.)

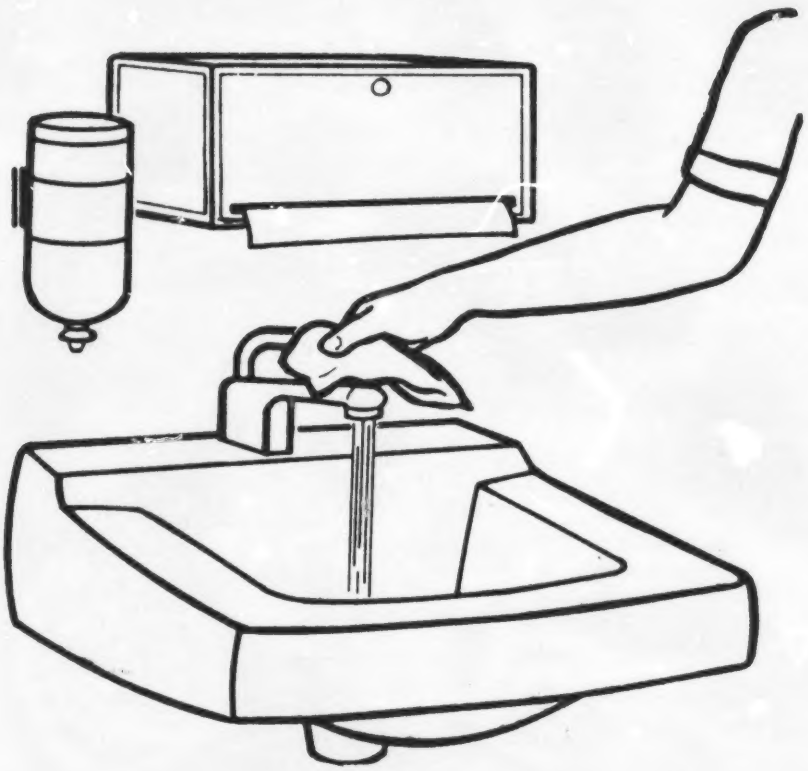


WHY?

BECAUSE BACTERIA BECOME LODGED IN THE JEWELRY SETTINGS AND UNDERNEATH THE JEWELRY.

STEP 2.

TURN THE FAUCET ON, ADJUSTING WATER TO WARM.

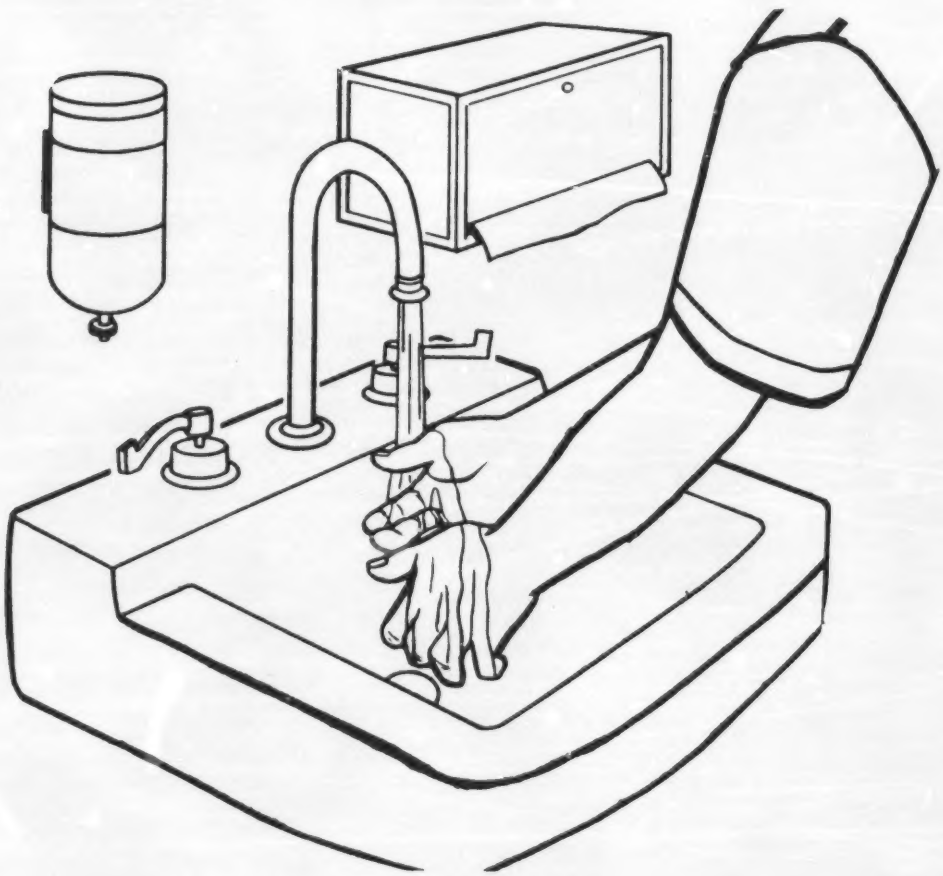


WHY?

WARM WATER IS BETTER FOR THE SKIN. IT IS LESS IRRITATING. ALSO, WARM WATER CAUSES SOAP TO LATHER.

STEP 3.

WET HANDS WITH THE FINGERTIPS POINTED DOWNWARD.



WHY?

THE TRANSIENT BACTERIA WILL RUN OFF THE FINGERTIPS INTO THE SINK.

STEP 4.

APPLY SOAP,* LATHER THE HANDS, AND RINSE WITH FINGERTIPS DOWN.

WHY?

TO REMOVE TRANSIENT BACTERIA.

IF BAR SOAP IS USED, RINSE THE SOAP BAR BEFORE REPLACING IN DISH.

*USE SOAP FROM A DISPENSER, IF POSSIBLE, RATHER THAN A BAR SOAP. BAR SOAP ACCUMULATES POOLS OF SOAPY WATER IN THE SOAP DISH, WHICH IS THEN CONSIDERED CONTAMINATED.

STEP 5.

REAPPLY SOAP. CREATE LATHER BY VIGOROUSLY RUBBING THE HANDS TOGETHER IN A CIRCULAR MOTION AND INTERLACING FINGERS.

WHY?

TO REMOVE RESIDENT BACTERIA.

STEP 5A.

IF NECESSARY, USE A STIFF NAIL BRUSH TO CLEAN SOILED AREAS OF THE SKIN AND TO CLEAN UNDER THE FINGERNAILS.

REVIEW II.

1. WHY SHOULD YOU REMOVE JEWELRY BEFORE YOU WASH YOUR HANDS?

FILL IN THE MISSING WORDS:

2. WET HANDS WITH THE FINGERTIPS POINTED _____.

3. RUB THE HANDS TOGETHER IN A _____ MOTION AND _____ _____ THE FINGERS.

DID YOU ANSWER THE QUESTIONS CORRECTLY?

YES? GO AHEAD.

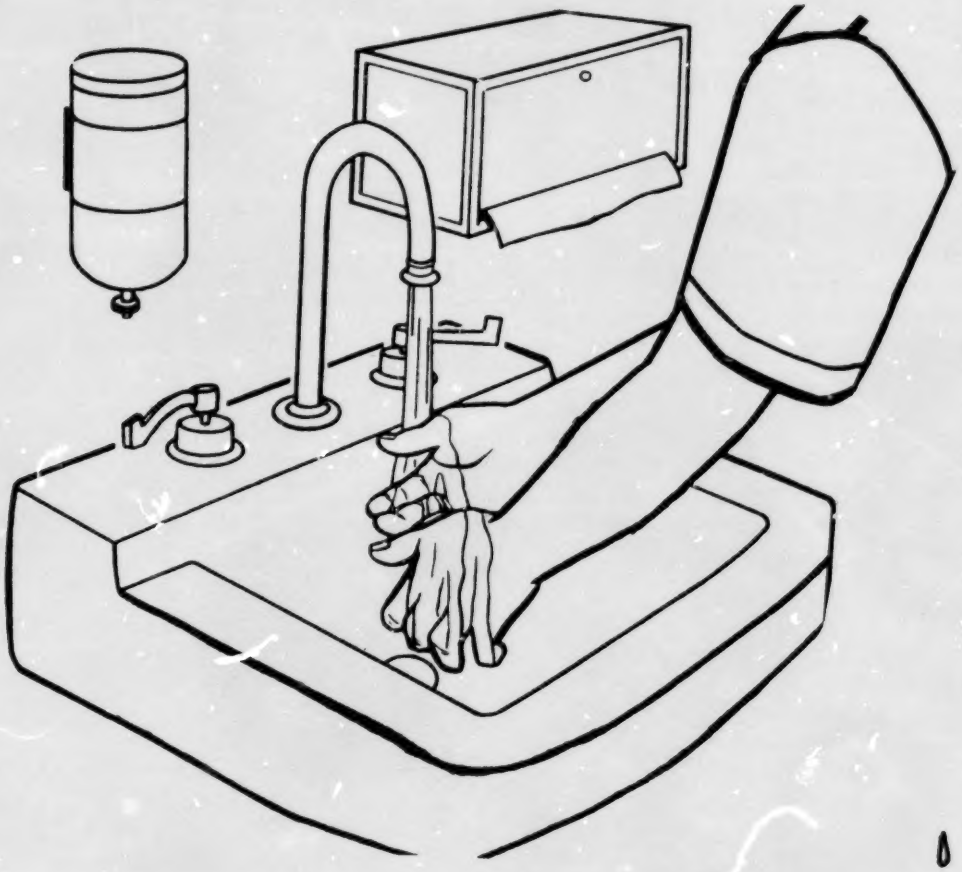
NO? GO BACK AND REREAD STEPS 1-5.

REVIEW II. ANSWER KEY:

1. BACTERIA BECOME LODGED IN THE SETTINGS AND UNDERNEATH THE JEWELRY.
2. DOWN
3. CIRCULAR AND INTERLACING

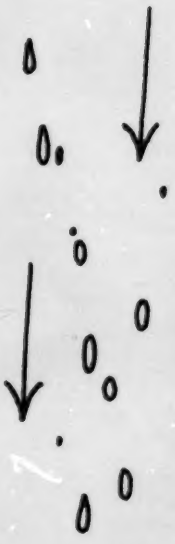
STEP 6.

RINSE THE HANDS WITH FINGERTIPS DOWN.



WHY?

BACTERIA FLOW IN THE DIRECTION OF THE RUNNING WATER.



STEP 7.

DRY HANDS WELL, WORKING FROM FINGERTIPS TO WRISTS.

WHY?

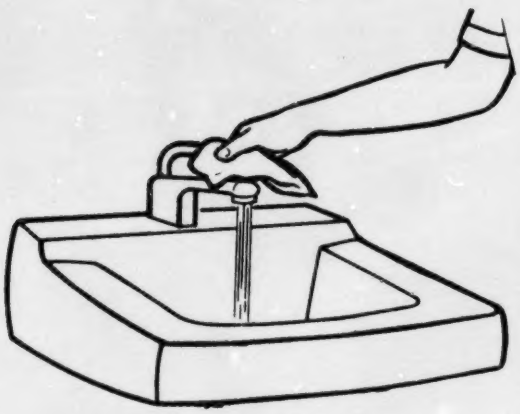
IT IS NECESSARY TO DRY THE HANDS VERY GENTLY AND CAREFULLY TO AVOID CHAPPING.

CHAPPED SKIN FREQUENTLY BREAKS OPEN, PERMITTING BACTERIA TO ENTER THE SYSTEM.

IT IS NECESSARY TO PREVENT CONTAMINATION FROM A NONCLEAN AREA TO A CLEAN AREA.

STEP 8.

TURN OFF THE FAUCET WITH ANOTHER DRY PAPER TOWEL.

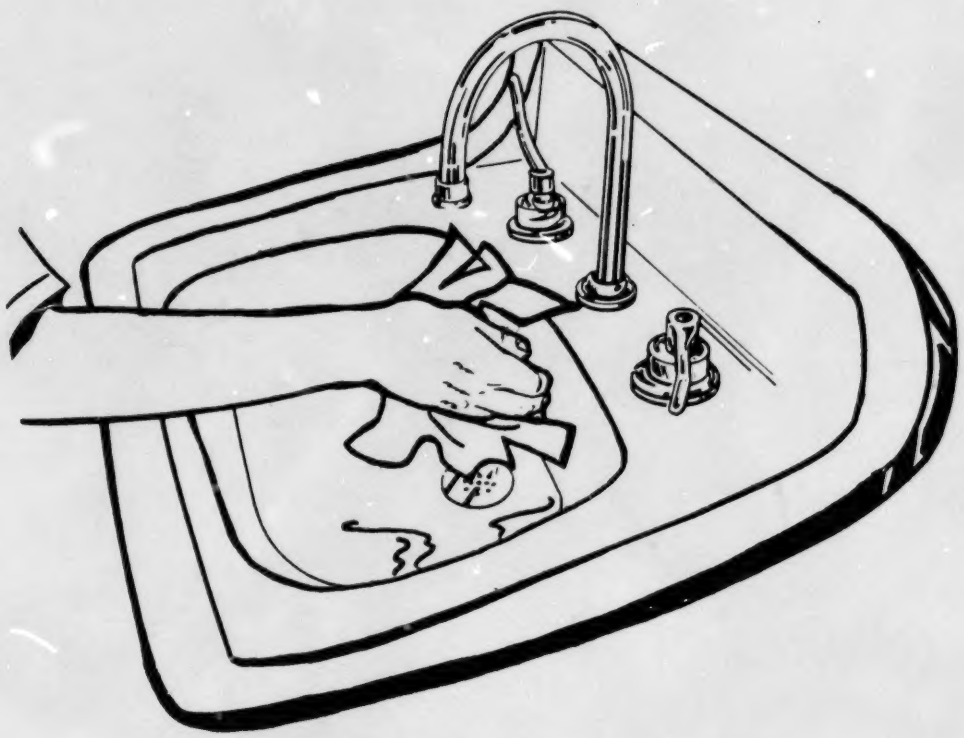


WHY?

A DRY PAPER TOWEL IS USED TO PREVENT CONTAMINATION OF THE HANDS. MOISTURE IS A CARRIER OF MICROORGANISMS.

STEP 9.

WIPE THE SURFACES SURROUNDING THE SINK WITH THE DRY PAPER TOWEL (WITHOUT CONTAMINATING YOUR HANDS).



WHY?

GERMS THRIVE ON MOIST SURFACES.

STEP 10.

PLACE TOWEL IN WASTE CAN.

WHY?

TO PREVENT SPREAD OF MICROORGANISMS.

REVIEW III.

TRUE OR FALSE (CIRCLE ONE)

1.	IT IS NOT NECESSARY TO DRY YOUR HANDS WELL.	T	F
2.	YOU TURN OFF THE FAUCET WITH A DRY PAPER TOWEL.	T	F
3.	GERMS THRIVE ON MOIST SURFACES.	T	F
4.	THERE IS NO NEED TO WIPE THE SURFACES SURROUNDING THE SINK WITH A PAPER TOWEL.	T	F

CHECK YOUR ANSWERS ON THE BACK OF THIS PAGE.

DID YOU ANSWER THE QUESTIONS CORRECTLY?

YES?	PICK UP YOUR HANDWASHING FINAL REVIEW FROM YOUR INSTRUCTOR.
NO?	GO BACK AND REREAD STEPS 7-10.

REVIEW III. ANSWER KEY:

1. FALSE
2. TRUE
3. TRUE
4. FALSE

RETURN THIS LAP TO YOUR TEACHER WITH YOUR COMPLETED WORK SHEETS, AND PICK UP THE FINAL LAP REVIEW.

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This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

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